

THE FIRST STEP IS A 2 STEP

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RECORD: MCA S7-54945 The First Step – Tracy Bird (Also on CD No Ordinary Man Track 1)
FOOTWORK: Opposite (Woman's footwork in parentheses) SPEED: 45
RHYTHM: Two Step Phase II + 2 Fishtail & Strolling Vine DIFFICULTY: Average
SEQUENCE: INTRO A B INTER A B END Released Jan 2011

INTRO: DIAG 2 Wait 2 Meas;; Apart Point; Pick Up CP/LOD;

1-4 Wait 2 Meas;; Diag Step apt L, -, pt R, - ; Step Tog R to CP M facing LOD, -, Touch L to R, -;

PART A: 2 Fwd 2-Steps;; 2 Prog Scis BJO;;

1-4 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; Sd L, cl R, XLIF progressing LOD to S/CAR, -; Sd R, cl L, XRIF progressing LOD to BJO, -; (W sd R, cl L, XRIB, -; Sd L, cl R, XLIB, -;)

Fishtail; Walk & Face; 2 Turn 2-Steps CP/WALL;;

5-8 XLIB (W-XRIF), sd R, fwd L, Lk RIB (W-lk LIF); Fwd L, -, fwd R trng to face, -; Sd L, cl R commencing a R fc trn, sd & bk L across line of progression pvtg ½ RF to trn fc COH,-; sd R, cl L commencing R fc trn, fwd R pvtg ½ R fc trn to CP/WALL-;

Strolling Vine;;;

9-12 Sd L, -, XRIBL (W-XLIFR), -; Sd L, cl R, sd L turning LF 1/2 COH, -; Sd R, -, XLIBR (W-XRIFL), -; Sd R, cl L, sd L turning RF 1/2 CP/WALL, -;

Circle Away 2 2-Step;; Strut 4 Tog VARS;;

13-16 Circ LF twds COH fwd L, cl R, fwd L in a circular pattern,-; fwd R, cl L, fwd R cont. the circular pattern ending facing RLOD,-; Fwd L cont. the circular pattern towards partner,-, fwd R,-; Fwd L,-, fwd R VARS/LOD,-;

PART B: 2 Fwd 2-Steps;; Hitch 6;;

1-4 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; Fwd L, cl R, bk L, -; Bk R, cl L, fwd R, -;

Sliding Doors Twice BFLY;;;

5-8 Rk apt L,-, rec R,- releasing hands; XLIF, sd R, XLIF, -; (Changing sides woman crosses in front of man) Rk apt R,-, rec,L-; XRIF, sd L, XRIF, - Blend to BFLY;

Side Close Twice; & Hold,

9-9 ½ Sd L, cl R, Sd L, cl R; Hold,

SCP 2 Fwd Steps;; Hitch 6 BFLY;;

10 - 13 Repeat Meas 1-4 Part B;;

Circle Away 2 2-Steps;; Strut 4 Tog CP/WALL;;

14-17 Repeat meas 13-16 Part A to CP/WALL;;; (2nd time to BFLY)

INTER: LF Turn Box;;;

1-4 Sd L, cl R, Fwd L trn ¼ LF, -; Sd R, cl L, Bk R trn ¼ LF, -;

Sd L, cl R, Fwd L trn ¼ LF, -; Sd R, cl L, Bk R trn ¼ LF, -;

Open Vine 4;; Twirl 2; Walk & Pick-Up CP/LOD;

5-8 Sd L LOD, -, XRIB to LOP, -; Sd L LOD, -, XRIF, -; Fwd L, -, XRIB, - (W twrl RF R, -, L,-);

Fwd L, -, cl R to CP/LOD, - (W fwd R trng LF to step in front of man, - cl L to R to CP, -);

END: Circle Away & Tog BFLY;; Twirl 2; Walk 2;

1-4 Circ LF twds COH fwd L, cl R, in a circular pattern fwd L,- ending facing RLOD; Fwd R, cont. circular pattern cl L, fwd R,- BFLY; Fwd L, -, XRIB, - (W twrl RF R, -, L,-); Fwd L, -, fwd R, -;

Apart & Point

5 Step apt L, -, pt R, - ;